

# Are You at Risk for Diabetes?

- If you are overweight, do not exercise regularly, and have a family history of diabetes, you are at a greater risk of developing diabetes.
- Millions of Americans have pre-diabetes and don't know it.
- If pre-diabetes is detected early, it may be possible to prevent or delay the onset of diabetes.
- Diabetes is a serious disease that requires dietary and lifestyle changes. If poorly managed, the disease may lead to negative health consequences and increased hospitalizations.



You may qualify for a VA-approved study on diabetes, if you are between the ages of 35-75, not currently diagnosed with diabetes, and 20 pounds or more overweight or related to someone with diabetes.

Interested participants should call Emilia Cordero, MS, RN, ANP-C at (713) 791-1414, ext 4665.